


**SPORTSPLEX TRACK SHOWCASE**  
 2022/2023 Indoor All Comers Meet Schedule  
 Maryland-National Capital Park and Planning Commission  
 PRINCE GEORGE'S SPORTS AND LEARNING COMPLEX  
 8001 Sheriff Road Landover, MD. 20785 (301) 583-2660

Dates & Times:

December 11, 2022 8:30 a.m.  
 January 15, 2023 8:30 a.m.  
 January 22, 2023. 8:30 a.m.

January 29, 2023. 8:30 a.m.  
 February 5, 2023 8:30 a.m. \*\*

*Registration opens at 7:00 a.m.  
 Age as of 12/31 in current year.*

<p><u>Track Events:</u> (Rolling Schedule)</p> <p>800 meter race walk          3000 meter race walk          55 meter Dash          55 meter Hurdles          1600 meter run          400 meter run          4 x 200 meter relay          800 meter run          200 meter run          4 x 400 meter relay (13&amp; Over)          3000m Run</p>	<p><u>Field Events:</u></p> <p>Weight throw - 7:30am          Shot put            Long jump          Triple jump            High Jump over 5 feet - 9:30am          High jump under 5 feet – 1130am          Pole vault 10:00am</p>	
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<u>Entry Fees:</u> Spectators (6 & over)	\$7.00
Athletes 14 & under (maximum of 3 events)	\$7.00
High School athletes (maximum of 4 events)	\$8.00
All other athletes (maximum of 4 events)	\$9.00

\*\* Breast Cancer Awareness will be \$1.00 more (February 5, 2023)

Venue Specifications:

6-lane, 200-meter oval track, on Mondo's Track & Field surface.  
¼-inch pyramid spike ONLY, No food or drinks on track surface.

Directions:

From I-95/495, exit 17B-(202) north toward Bladensburg. Turn left onto Brightseat Road. Follow green overhead signs through light onto Redskins Road. Take immediate right to park in Green Lot D3.

# Registration

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE & ZIP \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_

CLUB / HIGH SCHOOL TEAM: \_\_\_\_\_

EVENTS: (max. 3 for 14 & under—max 4 for 15 & over)

1 \_\_\_\_\_ 2 \_\_\_\_\_

3 \_\_\_\_\_ 4 \_\_\_\_\_

All participants in these events must sign this waiver of liability prior to competing. There will be no exceptions. Athletes 18 & under must have the signature of a parent or legal guardian.

I agree to waive and release any and all claims I may have against all sponsors, officials, assistants and employees of this meet including Prince George's County, Prince George's Sports & Learning Complex, Maryland National Capital Park and Planning Commission, Glenarden Track Club and USA Track and Field, for any damages or injuries I may suffer enroute to or as a result of my participation in this meet. I affirm that my physical condition and fitness are adequate for me to participate safely in this meet. I agree to release my name and photo for publicity purposes.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Guardian if 18 & under)

The Prince George's Sports & Learning Complex is a facility of the M-NCPPC, Department of Parks and Recreation. The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Please contact the facility at least two weeks in advance of the program start date to request an accommodation (i.e. sign language interpreter, support staff, etc.).